

# London Springs Care Center, Inc.

160 West 500 North  
Heber City, Utah 84032  
(801) 654-5500

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## "WHATS HAPPENING"

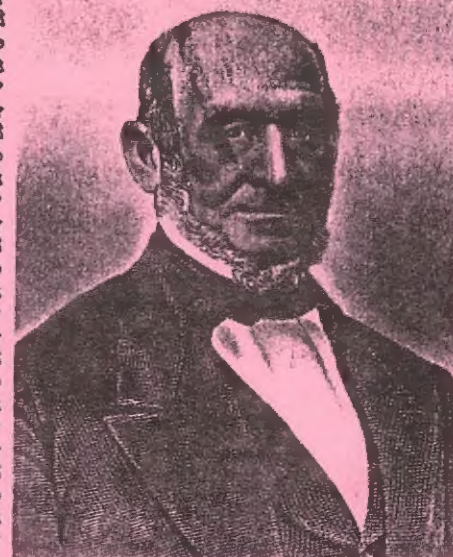
CHANGE MEANS PROGRESS, AND LONDON SPRINGS CARE CENTER IS DEFINITELY PROGRESSING IN MEETING OUR COMMUNITIES NEEDS

WE ARE ALL EXCITED ABOUT THE PROGRESS OF OUR NURSING ASSISTANTS. FOR THE PAST SEVERAL WEEKS THEY HAVE ALL VOLUNTARILY UNDERGONE EXTENSIVE TRAINING TO QUALIFY THEM TO TEST FOR CERTIFICATION ON APRIL 17, 1989. THIS TRAINING AND TESTING WILL HELP THEM IN MEETING THE RESIDENTS NEEDS. WE WISH THEM THE BEST OF LUCK ON THIS EXCRUCIATING TEST AND WERE ALL PULLING FOR THEM. WE KNOW THEY CAN DO IT!

INDOOR AND OUTDOOR RENOVATIONS ARE CONTINUING AT LONDON SPRINGS. THE PROJECTS ARE ON SCHEDULE. THINGS ARE SURE LOOKING GOOD AND WE INVITE EVERYONE TO DROP BY AND SEE THE CHANGES.

WE HAVE NUMEROUS THINGS PLANNED FOR THE COMING MONTHS, SO WATCH FOR OUR "WHATS HAPPENING" COLUMN IN FUTURE NEWSLETTERS.

## PRESTIGIOUS PAST



HEBER C. KIMBALL

Heber City was named after him

Those who first colonized the new lands of Provo Valley in 1859 and 1860 had come under the influence of Elder Kimball in Great Britain, and when it came time to find a permanent name for their new settlement, the choice was easily made—they would name it for their beloved leader, Brother Heber.

Time has proved that these early colonizers made a wise choice, for Heber C. Kimball became one of the stalwarts in the Church. While many of the early Church leaders in the pre-Utah period had become disappointed and disaffected, Heber C. Kimball never faltered in his defense of the truth. Through persecutions, illness, difficult financial straits and through the good times as well, Elder Kimball continued strong and true to the end. This same spirit of determination and steadfastness has also characterized Heber City, for through bad times as well as good, the community has stood as a bulwark in the valley and as a refuge for those who love the "good life."



## RESIDENTS MEAL OF THE MONTH

OUR RESIDENTS ARE ESPECIALLY FOND OF THIS BBQ SAUCE

### RECIPE

CATSUP 1/2 #10 CAN	WATER 1 1/2 QTS.
VINEGAR 1 CUP	SUGAR 1/4 CUP
PEPPER 1/2 TSP.	SALT 1 TBSP.
ONION GRATED 1/4 CUP	CHILI POWDER 1/2 TSP.
WORCESTERSHIRE SAUCE 2 TBSP.	TABASCO SAUCE 1/2 TSP.
LEMON SLICED 1	

THIS RECIPE YIELDS 1/2 GALLON SAUCE AND SERVES 25.

### METHOD:

BLEND ALL INGREDIENTS

SIMMER 10 MINUTES

BASTE CHICKEN OR MEAT WITH SAUCE DURING COOKING.

## SENIOR CITIZEN DITTIE

### FLOWER SACK UNDERWEAR

When I was a maiden fair  
Mama made our underwear.  
With five tots and Pa's poor pay,  
How could she buy lingerie?  
Monograms and fancy stitches  
Were not on our  
Flour sack britches.  
Panty waists that stood the test--  
With "Gold Medal ", all  
Across the chest.  
Little pants the best of all  
With a scene I could still recall.  
Harvesters were gleaning wheat  
Right across the little seat.  
Tougher than a grizzly bear

Was our flour sack underwear!  
Plain or fancy, 3 feet wide--  
Stronger than a hippo's hide.  
Through the years  
Each Jill and Jack  
Wore this sturdy garb of sack.  
Waste not, want not,  
We soon learned  
Penny saved, a penny earned.  
Bedspreads, curtains,  
Tea towels, too.  
Table cloths, to name a few  
But the best beyond compare,  
Was our flour sack underwear!

Author unknown

## IN THE SPOTLIGHT

WE WOULD LIKE TO INTRODUCE SUE WATSON. SHE IS A  
RESIDENT IN OUR FACILITY AND VERY MUCH LOVED AND RESPECTED.

SUE IS 96 YEARS YOUNG AND SHE HAS RIDDEN IN AN OX-DRAWN  
WAGON, A JET PLANE, AND JUST ABOUT EVERYTHING IN BETWEEN.  
EACH DAY HAS BEEN AN ADVENTURE, A CHALLENGE, FUN,  
INTERESTING, AND INFORMATIVE, BUT NEVER DULL.

SUE WATSON IS A POET. THE NAME OF ONE OF HER BOOKS OF  
POETRY IS "FORSCORE AND MORE". HER POETRY REFLECTS HER  
FAMILY, HER LIFE, AND FRIENDS. IT IS ENJOYED BY YOUNG AND  
OLD ALIKE. ALL WHO KNOW SUE, WILL AGREE THAT LIFE MAY BEGIN  
AT FOURTY, BUT IT REALLY GETS GOING AFTER SEVENTY-FIVE.

HERE IS A SAMPLE OF HER POETRY.

### GO IT POET

WRITING IS LIKE STREAKING - ONLY WORSE

YOU AGONIZE AND BREAK YOUR HEART TO PRODUCE A VERSE  
AND WHILE YOU BEAR YOUR SOUL AND GIVE IT ALL YOU GOT  
THE STREAKER ONLY RUNS AND BEARS HIS - YOU KNOW WHAT

ADMINISTRATOR - TODD WINDER

OFFICE MANAGER - MARIAN WRIGHT

DIRECTOR OF NURSING - JANET MATTHEWS

DIETARY MANAGER - VEDA BRIERLEY

ACTIVITIES DIRECTOR - ELLAN BROWN

MAINTENANCE SUPERVISOR - TOM BRANDT

SOCIAL SERVICES & MEDICAL RECORDS - GLENNA AZLIN



MONTH AprilYEAR 1989

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1:00 Film & Popcorn
2 10:00 A.M. L.D.S. Services	3 9:00 Exercise 9:30 Current Event 2:00 Resident Council 7:00 Family Home Eve	4 9:00 Old Radio Tapes 10:00 Relief Society 3:00 Bingo 6:30 Choralets	5 9:00 Exercise 9:30 Current Events 10:30 Sing-A-long 3:30 Catholic Services	6 8:45 Current Events 2:00 Special Friends 4:00 Poetry	7 9:00 Exercise 9:30 Current Events 10:00 Chat & chew	8 1:00 Film & Popcorn
9 10:00 A.M. L.D.S. Services	10 9:00 Exercise 9:30 Current Events 1:00 Visit from Transition Center 7:00 Family Home Eve	11 9:00 Old Radio Tapes 10:00 Relief Society 3:00 Bingo	12 9:00 Exercise 9:30 Current Events 10:30 Sing-A-long 3:30 Catholic Services	13 8:45 Current Events 11:30 Meal of the Month 2:00 Special Friends 4:00 Stories	14 9:00 Exercise 9:30 Current Events 10:00 Chat & chew	15 1:00 Film & Popcorn
16 10:00 A.M. L.D.S. Services 2:30 Jack Craig	17 9:00 Exercise 9:30 Current Events 7:00 Family Home Eve	18 9:00 Old Radio Tapes 10:00 Relief Society 1:30 Stella & Joan 3:00 Bingo 6:00 Roy's Boys & Gal	19 9:00 Exercises 9:30 Current Events 10:30 Sing-A-long 3:30 Catholic Services	20 8:45 Current Events 12:15 Senior Citizens Luncheon 2:00 Special Friends 4:00 Poetry	21 9:00 Exercise 9:30 Current Events 10:00 Chat & chew 4:00 Sister Family	22 1:00 Film & Popcorn
23 10:00 A.M. L.D.S. Services 10:00 AM L.D.S. Services	24 9:00 Exercise 9:30 Current Events 10:15 Sunny Day (Pre School) 2:00 Ceramics 7:00 Family Home Eve	25 9:00 Old Radio Tapes 10:00 Relief Society 3:00 Bingo	26 9:00 Exercise 9:30 Current Events 10:30 Sing-A-long 3:30 Catholic Services	27 8:45 Current Events 2:00 Special Friends 4:00 Stories	28 9:00 Exercise 9:30 Current Events 10:00 Chat & chew 2:00 B-Day Party	29 1:00 Film & Popcorn
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Dr. R. Raymond Green  
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